

Meditate and Become - The [Sahaj Marg](#) Way

“Love is something to be created in your heart. And when your heart is full of love, you cannot stop people from coming to you, like bees going to flowers. Or, like in India, ants going to the sugar. The sugar does not say, “Come to me, I am sweet. Come to me, I am sweet.” Its sweetness attracts. Where is the sweetness in our hearts? So if you want to avoid *douleur* (pain), you must substitute *douceur* (sweetness), and then you will find beautiful things that spirituality can create in you. And when the heart is full of this *douceur, amour* (love), even God comes.”

Taken from the book “Revealing the Personality”, Chapter “Using the Heart” by [Shri. Parthasarathi Rajagopalachari \(Chariji\)](#)

There are times in our lives when we interact with certain people and all the worries within us melts away, we feel peace fill our hearts and we become certain that there is something very special about that person. Something unique and different from all the others we’ve met in our lives. That was what I felt when I met [Shri. Parthasarathi Rajagopalachari](#) (the previous [SRCM](#) President and spiritual Master of [Sahaj Marg](#)) way back in 1992.

[Chariji](#), as [Shri. P. Rajagopalachari](#) is affectionately called, was a person who radiated peace and love to all those around him. For many months after that, I was wondering how that was possible. How could a person perceive at a glance all the troubles and emotions that another felt and respond with so much love that it totally transformed the one in front of him? And more importantly, can I (with all my unwanted qualities and tendencies) become like that too?

When I asked this question to my [Sahaj Marg](#) trainer (also called [preceptor](#) of [SRCM](#)), he told me, “Why don’t you find out for yourself. [Sahaj Marg](#) is all about individual experience. Do the practice regularly and see for yourself.”

So I started practicing the [Sahaj Marg](#) system of Raja Yoga - individual meditations in the morning, the cleaning process in the evening and weekly group satsanghs - more intensely. Slowly I started observing changes in my behaviour and attitudes in daily life. My anger and intolerance of others' mistake reduced. I was able to put myself in another's shoes first and take a pause before reacting to any situation. And I was able to accept and overcome any challenges and curve balls life threw at me without letting it stress me out. And my family life, work life was more peaceful and congenial because *I* had changed.

The current [SRCM](#) President and spiritual Master, [Shri. Kamlesh D. Patel](#) very beautifully explains how this profound transformation happens when an abhyasi practices the [Sahaj Marg](#) system. At the beginning, the [Sahaj Marg](#) aspirant (or abhyasi) meditates with the supposition that there is a Divine Light in the heart. As he continues meditating, he starts *feeling* the Divine Light within him. As he practices more, he is able to perceive the Source of this Divine Light and he starts meditating on that. The cleaning process in the evening removes all the impressions and unwanted tendencies within him, and meditation with the help of divine transmission from the spiritual masters of [Sahaj Marg](#) helps him become more and more immersed in the Source. With intense and sincere practice, his heart gets slowly transformed, filled with love and peace that pervades every part of him, until finally he himself *becomes* a divine light. Such a person is in perfect balance under all situations. He radiates love and peace wherever he goes. Such a person can transform another just by the virtue of his presence.

Once an abhyasi asked [Chariji](#), "But is this possible for all?" [Chariji](#) laughed and said, "This is not a position of the Prime Minister that only one can achieve it. Each and every one of you can achieve it." All that is required is a willingness to give the system a sincere try and experience the effectiveness of [Sahaj Marg](#) for oneself. After all, the thing on which we can have total faith is our own experience.

I, personally, have found this [Sahaj Marg](#) system of Raja Yoga to be amazingly effective in transforming my life for the better. I'm not yet there,

but I know through my practical experience that I am on my way,
journeying on the right path.